

# HOLISTIC HORIZONS BY ASCHP

## Healthy Lifestyle Awareness Month

LETTER FROM OUR  
CEO

FUTURE OF THE  
ASCHP

MEMBER  
CONTRIBUTIONS

ASCHP 2024 CPD

February 2024  
0002

The views expressed in articles authored for our magazine are those of the individual contributors and do not necessarily reflect the official stance of the ASCHP. We encourage diverse perspectives and open dialogue within the community.



# TABLE OF Contents

---

4

**DR LIEZL HERHOLDT:  
LETTER FROM OUR  
CEO**

11

**2024 ASCHP CPD  
PROGRAMME**

5

**FUTURE OF THE  
ASCHP**

14

**ETHICAL MATTERS &  
PROFESSIONAL CONDUCT**

8

**LIMARI HERHOLDT:  
MEMBER CONTRIBUTIONS**

18

**NEWS ITEMS &  
ANNOUNCEMENTS**



# HOLISTIC HORIZONS BY ASCHP

58 Burkea Crescent Boekenhoutskloofdrift  
Cullinan, 1000  
www.aschp.net  
info@aschp.net  
012 111 9002

## **EDITOR-IN-CHIEF**

Joshua Vorster

## **MANAGING EDITOR**

Limari Herholdt

## **CONTENT DIRECTOR**

Daniel Herholdt

## **CONTRIBUTING WRITERS**

Suzaan Dormer - Tips for good counselling practice

Taylor Knox - Ethical Matters an Professional conduct

## **WORD FROM THE CEO**

Dr. Liezl Herholdt

## **WORD FROM THE FOUNDING PRESIDENT**

Dr. Marius D. Herholdt



ASCHP



# IN THIS ISSUE



Welcome to the ASCHP magazine, your source for the latest updates and insights in the world of Wellness Practitioners in this edition, we're pleased to present the details of our 2024 ASCHP CPD programme, alongside a personal letter from our CEO, member contributions, and informative articles on ethical matters and professional conduct. Join us as we explore the current trends and challenges in healthcare, and discover how ASCHP is shaping the future of the industry.





# LETTER FROM OUR CEO

In observance of February as Healthy Lifestyle Awareness Month, it is essential to highlight the critical role a healthy lifestyle plays in the effectiveness of counselling professionals and the well-being of their clients. A healthy lifestyle, encompassing balanced nutrition, regular exercise, adequate rest, stress management, and the avoidance of detrimental habits, significantly benefits both mental and physical health.

For counsellors, adopting a healthy lifestyle is not just about personal health; it's pivotal for maintaining cognitive function, emotional resilience, and professional efficacy. These elements are crucial for a counsellor's ability to connect with, understand, and support their clients effectively. Engaging in physical activity and proper nutrition can improve mood and cognitive abilities, while stress management techniques like mindfulness enhance presence and attentiveness in therapeutic sessions.

This year, we aim to delve deeper into the nuances of our field, bringing you cutting-edge research, insightful perspectives, and practical tools to enhance your professional practice and personal growth. Our focus is not just on the physical aspects of health but also on the mental, emotional, and spiritual dimensions that are integral to holistic well-being. Clients embarking on a wellness journey also stand to benefit greatly from incorporating lifestyle changes that support their mental and physical health. Counsellors who practice what they preach not only set a powerful example for their clients but also gain valuable insights into the challenges and rewards of lifestyle modifications. This authenticity enhances the therapeutic relationship and supports more effective counselling outcomes. Moreover, integrating holistic health practices into counselling acknowledges the interconnectedness of physical and psychological well-being, promoting a comprehensive approach to health that can empower clients on their wellness journey.

In conclusion, the adoption of a healthy lifestyle is integral for counsellors to perform at their best and for clients to achieve holistic wellness. As professionals dedicated to supporting mental health, counsellors have a responsibility to lead by example, championing a healthy lifestyle as a foundation for effective practice and personal well-being.

Liezl Herholdt

CEO



**"To keep the  
body in good  
health is a duty...  
otherwise we  
shall not be able  
to keep our mind  
strong and clear."  
– Buddha**





# FUTURE OF THE ASCHP

“The ASCHP, as SAQA recognised professional body, is ten years old this year and has been going from strength to strength in both numbers and the establishment and extension of an industry. We, at the ASCHP are accordingly excited about its future prospects. The future is always a continuation of the past, but it is imperative to allow for nonlinear elements to introduce novelty into the system and to steer it accordingly. This can only be accomplished by allowing a degree of freedom in its self-organising dynamics. ASCHP management remains open to creative and constructive input from its members and is sensitive to arising needs in contemporary society. In addition, we believe we should allow actual and dynamic concepts to code for its future development. It is clear that the keywords in the healthcare and counselling industry include systems thinking, holism, self-organisation, salutogenesis, self-care, well-being and personalised medicine.

These elements are already in the process of being implemented and a few examples can be cited:

The Impetus project, in collaboration with medical physicians and psychologists employ the use of digitalised instrumentation for compiling comprehensive health profiles of clients. Ultimately, we hope that it may form part of a countrywide remote patient monitoring network systems in line with technological innovations. Newly introduced informal designations widen the spectrum of counselling services in the domain of sexuality, trauma, as well as the corporate market (workplace wellness). This forms part of a credentialing system to increase professional demeanour.



**"The best way to predict the future is to invent it." – Alan Kay**



# FUTURE OF THE ASCHP

Research will also become a more prominent feature in terms of relevant postgraduate training opportunities and journalised articles. The focus will inter alia be well-being, positive psychology, workplace wellness, holistic modalities, biosemiotics, body-mind medicine and bio-resonance screening. A research foundation is being established for this purpose in conjunction with some universities.

In all these endeavours and planning, the grand narrative will remain to create a circle of care for the well-being of our clients.

Life can only be understood backwards, but it must be lived forwards. The future belongs to those who believe in the beauty of their dreams. If you want to be happy, do not dwell in the past, do not worry about the future, focus on living fully in the present. (— Søren Kierkegaard)



**"The mind is not a vessel to be filled, but a fire to be kindled." – Plutarch**

# Contributions from our members



## Write to us

Attention members of the Association for Supportive Counsellors and Holistic Practitioners (ASCHP)! We are thrilled to offer you the opportunity to contribute to our magazine. This is your platform to share insights, experiences, and wisdom in the realms of counselling, holistic practices, and wellness. Whether it's an article on innovative counselling techniques, personal stories of growth and healing, or research in holistic wellness, we value your unique perspectives. Each month, we will randomly select contributions from our members to be featured, celebrating the diverse and profound impact of our community. Please send your submissions to the email address provided at the end of this article. Share your expertise, inspire others, and be an integral part of our collective journey towards holistic health and well-being!

**TALK TO US**

**012 111 9002**

***ads@aschp.net***





# The Toll of Wellness Counselling: Nurturing Others While Neglecting Ourselves

By Limari Herholdt  
ASCHP Registered - Wellness Counsellor

Mindfulness has evolved as a cornerstone in the pursuit of wellness, with significant advantages for mental health.

Mindfulness meditation, for example, teaches people how to build present-moment awareness, which reduces stress and promotes emotional equilibrium. As wellness counsellors, we dedicate our careers to supporting others on their journey towards better health and happiness. Every day, we provide guidance, encouragement, and practical tools to help individuals achieve their wellness goals.

However, in the midst of nurturing others, it's all too easy to overlook our own well-being and neglect to assess our own position on the wellness continuum.

The role of a wellness counsellor is inherently demanding, requiring empathy, compassion, and a deep understanding of holistic health principles. We often find ourselves immersed in the challenges and triumphs of our clients, prioritising their needs above our own. While this dedication is commendable, it can also take a toll on our own wellness if left unchecked.

Many of us are passionate about helping others but may struggle to apply the same level of care and attention to ourselves. We may neglect to engage in self-care practices, disregard our own emotional needs, or fail to recognise the signs of burnout. Over time, this can lead to feelings of exhaustion, stress, and emotional depletion, ultimately compromising our ability to provide effective support to those who rely on us. It's essential for wellness counsellors to recognise the importance of self-care and regular self-assessment in maintaining their own well-being.

Just as we encourage our clients to prioritise their health, we must also prioritise ours. This means setting boundaries, practising mindfulness, seeking support when needed, and taking time to recharge and replenish our energy reserves.

To aid in this process of self-assessment, I have developed a simple quiz specifically tailored for wellness counsellors. By reflecting on your own wellness practices and attitudes, you can gain insight into areas where you may need to focus more attention and care. Remember, prioritising your own wellness is not selfish – it's essential for sustaining your ability to support others effectively.

# Wellness Counsellor Self-Assessment Quiz:

1. How often do you engage in self-care activities such as meditation, exercise, or hobbies that bring you joy?
  - a) Regularly – I make self-care a priority in my daily routine
  - b) Occasionally – I try to fit in self-care when I can, but it's not consistent
  - c) Rarely – I struggle to find time for self-care amidst my busy schedule
2. How do you manage stress and prevent burnout in your role as a wellness counsellor?
  - a) I have healthy coping mechanisms in place, such as mindfulness practices and seeking support from colleagues
  - b) I rely on unhealthy habits or distractions to cope with stress
  - c) I often feel overwhelmed and find it challenging to manage stress effectively
3. How well do you maintain boundaries between your personal and professional life?
  - a) I have clear boundaries in place and prioritise time for myself outside of work
  - b) I sometimes find it difficult to disconnect from work and struggle to establish boundaries
  - c) I frequently find myself sacrificing personal time and energy for the sake of my clients
4. What steps do you take to continually nurture your own growth and development as a wellness counsellor?
  - a) I actively seek out opportunities for learning, growth, and self-reflection
  - b) I'm content with my current level of knowledge and don't feel the need for further development
  - c) I feel overwhelmed by the demands of my role and struggle to find time for personal development
5. How do you foster a sense of balance and harmony in your own life?
  - a) I strive to maintain a balanced lifestyle, prioritising activities that nourish my mind, body, and spirit
  - b) I often feel pulled in multiple directions and struggle to find balance in my life
  - c) I prioritise work and external obligations over my own well-being and personal pursuits

# Wellness Counsellor Self-Assessment Quiz:

Tally up your responses to determine where you stand on the wellness continuum as a counsellor:

- **Mostly A's:** Congratulations! You demonstrate a strong commitment to your own wellness and are well-equipped to support others on their journey.
- **Mostly B's:** There is room for improvement in prioritising your own well-being as a counsellor. Consider implementing more self-care practices and seeking support to prevent burnout.
- **Mostly C's:** It's time to take a closer look at your own wellness practices and make self-care a priority. Remember, you cannot pour from an empty cup – nurturing your own well-being is essential for sustaining your ability to support others effectively.

Limari Herholdt

A photograph of a wooden-framed sign with a white background and horizontal lines. The sign is tilted and features the text "SELF CARE ISN'T SELFISH" in bold, black, sans-serif capital letters. The sign is set against a warm, orange-toned background with shadows of palm fronds cast across it.

SELF  
CARE  
ISN'T  
SELFISH





# 2024 ASCHP CPDs

Order your CPD'S now

Contact:

Elsie- 012 111 9002

[cpd.liedani@synergetica.co.za](mailto:cpd.liedani@synergetica.co.za)

"Continual Professional Development (CPD) is the fuel that drives a career forward; it's the vital ingredient for staying relevant, knowledgeable, and at the forefront of one's field. In an ever-evolving world, CPDs ensure that our skills and understanding don't just keep pace, but lead the way."

1

## ETHICS 24.1

This CPD focuses on the ethical standards and practices essential for counselors and wellness practitioners. It covers topics like confidentiality, professional boundaries, ethical decision-making, and the importance of maintaining trust and integrity in client relationships.



2

## WELLNESS 24.2

This CPD explores various aspects of wellness, including physical, mental, and emotional health. It emphasizes holistic approaches to well-being, integrating lifestyle, nutrition, exercise, and stress management techniques to support overall health.







3

### COUNSELLING STYLES 24.3

This CPD offers an overview of different counselling styles and approaches, such as cognitive-behavioural therapy, person-centred therapy, and solution-focused therapy. It aims to enhance practitioners' understanding of how these styles can be effectively applied in various counselling scenarios

4

### WELLNESS MODALITIES 24.4

This CPD delves into various wellness modalities such as mindfulness, meditation, yoga, and aromatherapy. It provides insights into how these practices can be integrated into therapeutic settings to enhance client well-being.



5

### RESEARCH 24.5

This CPD is focused on the importance of research in counselling and wellness fields. It covers how to interpret and utilize research findings, the basics of conducting research, and the role of evidence-based practice in enhancing treatment outcomes.





3

## SELF DEVELOPMENT 24.6

This CPD emphasizes the importance of personal growth and development for practitioners. It covers self-awareness, self-care practices, and the development of personal and professional skills to improve counselling effectiveness and prevent burnout.

4

## COUNSELLING SKILLS 24.7

This CPD aims to enhance core counselling skills such as active listening, empathy, effective communication, and client engagement. It is designed to refine practitioners' abilities to establish rapport, support client growth, and navigate various counselling challenges.



We'd like to take a moment to emphasise the vital importance of engaging in Continuous Professional Development (CPD) programmes. CPDs are more than just a professional requirement; they are a cornerstone in the continuous growth and excellence in our field of counselling and wellness.

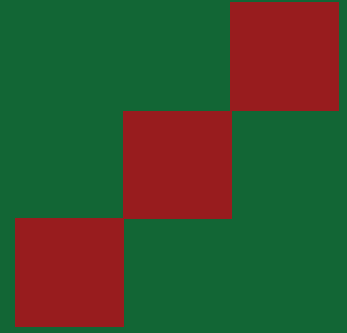
By participating in CPDs, you not only adhere to the high standards set by the ASCHP but also significantly enhance your skills and knowledge. Programmes like Ethics, Wellness, Counselling Styles, Wellness Modalities, and Research equip you with the latest information and methodologies in our ever-evolving field. They ensure that you stay at the forefront of best practices, which is essential for providing the highest quality of care to those we serve.

Moreover, CPDs like Self-Development and Counselling Skills are designed to support your personal and professional growth. They help in refining your abilities, ensuring you can face the diverse challenges of our profession with confidence and competence.

Remember, investing in CPDs is investing in yourself and the clients. Let's continue to grow, learn, and lead in the journey of supporting health and wellness in our communities.



# ETHICAL MATTERS AND PROFESSIONAL CONDUCT



## Exploring Overlooked Ethical Considerations in Counselling Practice

While the fundamental principles of beneficence, non-maleficence, integrity, and honesty serve as cornerstones of ethical counselling practice, there exist nuances and subtleties within ethical considerations that may often go unnoticed or underappreciated. The Association for Supportive Counsellors and Holistic Practitioners (ASCHP) recognises the importance of shedding light on these overlooked ethical dimensions to enhance the ethical consciousness and practice of its members.

One such consideration is the ethical implications of self-care for counsellors. While it is widely acknowledged that counsellors must prioritise their own well-being to effectively support their clients, the ethical dimension of self-care extends beyond personal health and encompasses professional boundaries and competence. Counsellors must ethically manage their workload, ensuring they maintain a manageable caseload to prevent burnout and maintain the quality of their services. Moreover, they must regularly engage in self-assessment to recognise when personal issues may

impede their ability to provide effective counselling, demonstrating ethical responsibility by seeking supervision or referring clients to other professionals when necessary.

Another often overlooked ethical consideration pertains to the use of technology in counselling practice. In an increasingly digital world, counsellors must navigate the ethical complexities of online communication, data security, and boundary maintenance.

Counsellors advocate for clear guidelines and informed consent procedures regarding the use of electronic communication platforms and teletherapy, ensuring confidentiality and privacy are upheld while leveraging technology to enhance accessibility and convenience for clients.

Furthermore, the ethical dimension of cultural competence and diversity warrants attention within counselling practice. Counsellors must recognise the inherent power dynamics and potential for harm when working with clients from diverse backgrounds, including those from marginalised or oppressed communities.

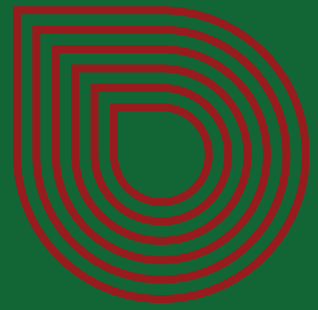


ASCHP encourages its members to engage in ongoing education and self-reflection to enhance their cultural humility and sensitivity, acknowledging the impact of social, cultural, and systemic factors on clients' experiences and well-being.

Additionally, the ethical implications of boundary crossings and dual relationships require careful consideration. While maintaining professional boundaries is essential for preserving the integrity and efficacy of the therapeutic relationship, counsellors may encounter situations where boundary crossings or dual relationships arise unexpectedly. ASCHP emphasises the importance of ethical decision-making and consultation in navigating these complex scenarios, prioritising the welfare and autonomy of clients while mitigating the risk of harm or exploitation.

In conclusion, ethical considerations in counselling practice extend beyond the foundational principles of beneficence, non-maleficence, integrity, and honesty. By acknowledging and addressing overlooked ethical dimensions such as self-care, technology use, cultural competence, and boundary management, counsellors can uphold the highest standards of ethical practice and promote the well-being of their clients. ASCHP remains committed to fostering ethical awareness and competence among its members, recognising that ethical practice is essential for the integrity and effectiveness of counselling interventions.

**Taylor Knox**





# Tips for good counselling practice



In the realm of counselling, fostering an environment conducive to healing and growth requires more than just adherence to established methodologies. It demands a nuanced approach that integrates empathy, creativity, and self-awareness. While conventional counselling practices undoubtedly form the foundation of effective therapy, incorporating lesser-known strategies can elevate the therapeutic experience for both counsellors and clients. This article explores some unique tips for enhancing counselling practice, aiming to empower counsellors in their mission

to facilitate meaningful change and holistic well-being for their clients.

## **Embrace Silence as a Tool for Reflection:**

In the hustle and bustle of counselling sessions, silence often feels uncomfortable, prompting counsellors to fill the void with words. However, embracing silence can be profoundly therapeutic. Encourage clients to sit with their thoughts, allowing space for introspection and self-discovery. By resisting the urge to rush in with interpretations or solutions, counsellors foster an atmosphere where clients feel safe to explore their emotions at their own pace.

## **Incorporate Nature-Based Interventions:**

Nature possesses a remarkable ability to soothe the soul and stimulate healing. Integrate nature-based interventions into counselling sessions by conducting outdoor sessions in serene natural settings or incorporating elements of nature within the therapy room, such as potted plants or nature-inspired artwork. Encourage clients to connect with the natural world through mindfulness practices like grounding exercises or guided nature walks, fostering a sense of calm and connection with the environment.

## **Utilise Expressive Arts Therapy:**

Traditional talk therapy may not always resonate with clients who struggle to articulate their emotions verbally. Introduce expressive arts therapy as a complementary approach, allowing clients to communicate and process their feelings through creative expression. Encourage the use of art, music, movement, or drama as mediums for self-expression, providing clients with alternative channels to explore their inner world and access deeper layers of insight and healing.





# Tips for good counselling practice



## **Integrate Mindfulness into Daily Life:**

Beyond formal mindfulness exercises, encourage clients to cultivate mindfulness in their everyday activities. Suggest simple practices such as mindful eating, mindful breathing, or mindful walking, which can anchor clients in the present moment and foster greater awareness of their thoughts, emotions, and bodily sensations. By integrating mindfulness into daily routines, clients cultivate a more grounded and resilient approach to navigating life's challenges.

## **Foster a Culture of Self-Compassion:**

Encourage clients to cultivate self-compassion as a cornerstone of their healing journey. Help them challenge self-critical thoughts and cultivate a kinder, more compassionate inner dialogue. Introduce self-compassion exercises such as loving-kindness meditation or writing self-compassionate letters, empowering clients to nurture a sense of warmth and acceptance towards themselves, even in the face of difficulty or failure.

Incorporating these uncommon tips into counselling practice can enrich the therapeutic experience, fostering deeper connections and facilitating transformative growth for clients. By embracing silence, integrating nature-based interventions, utilising expressive arts therapy, promoting mindfulness, and fostering a culture of self-compassion, counsellors can expand their toolkit and empower clients to embark on a journey of self-discovery, resilience, and holistic well-being.

As we continue explore innovative approaches to counselling, let us remember that true healing stems from the compassionate presence and unwavering commitment of counsellors to support their clients on their path towards wholeness.

**Suzaan Dormer**



# News items and announcements

Dear Members

We are delighted to inform you that our recent Impetus webinar, held on the 22nd of February, garnered significant attendance and engagement. The enthusiasm and active participation demonstrated during the event underscore the relevance and importance of the topics discussed.

As we look towards the future, we are genuinely excited about the opportunities and initiatives that lie ahead. The exchange of ideas and insights during the webinar has provided a strong impetus for further exploration and collaboration within our community.

For those who were unable to attend the webinar, we encourage you to reach out to us via email with any questions or inquiries you may have regarding the content discussed. We are committed to ensuring that all interested parties have access to the information and resources shared during the event.

Thank you once again to all who participated, and we eagerly anticipate continuing the dialogue and momentum generated by the webinar as we move forward.

Warm regards,

THE ASCHP TEAM

## TALK TO US

012 111 9002

***admin@aschp.net***

"Wellness is the complete integration of body, mind, and spirit." - Greg Anderson



# Emotional

*aromatherapy blends*



## Peace® REASSURING BLEND

Slow down, take a deep breath, and reconnect with the composed, collected you.



## Forgive® RENEWING BLEND

Discover the liberating action of forgiving, forgetting, and moving on.



## Cheer® UPLIFTING BLEND

Provides an aromatic, cheerful boost of happiness and positivity.



## Console® COMFORTING BLEND

Close the door on sadness and move toward emotional healing.



## Passion® INSPIRING BLEND

Rekindle excitement in your life. Spark creativity, clarity, and wonder.



## Motivate® ENCOURAGING BLEND

Unleash your creative powers and find courage that comes from believing in yourself.

Each delicate blend can be used aromatically or topically to help balance and brighten your moods. Just a few drops can elicit a profound emotional response to help you let go of burdens, find comfort and encouragement, or inspire you to dream with passion again.

# PROSPÈRE

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# The Wellness Specialist



## CPDs

We offer CPDs in topics related to neurodiversity, grief, end of life/palliative care, perinatal loss and bereavement as well as support for children



## PsychUP

The Psychup Counsellor Development Programme bridges the link between theory and practical for those who want to register with the ASCHP



## Coaching

We offer coaching & training to help build businesses & skill ADHD/Executive Functioning  
Business Development  
Trauma Debriefing  
Career Coaching  
Neurocoaching

## About Us

The Wellness Specialist is an accredited training company focused on skills development for mental health, education and wellness practitioners. We offer CPDs for the ASCHP, HPCSA and CCSA. We believe in creating networks and communities of care through collaboration.



**+27 61 462 7419**

Website : [www.wellnessspecialist.co.za](http://www.wellnessspecialist.co.za)

Phone : +27 61 462 7419

Email : [connect@wellnessspecialist.co.za](mailto:connect@wellnessspecialist.co.za)





## ACCSA - Addiction Education Provider of CEU/CPD and Certification

ACCSA is your one stop provider of all your addiction education needs for both addiction professionals and the general public sector. Our three Tiers are tailor made to suit any addiction education needs for the starting candidate to the experienced addiction professional. ACCSA is a NAADAC approved education provider for CE (Continuing Education) and CPD (Continuing Professional Development) credits.



### Courses

**The First Tier** covers all addiction related topics to suit the needs of any student, whether only interested in specific topics, or for those wanting to further their education in progressing towards any international addiction certification. All our First Tier Modules are accredited both locally (CPD) and internationally (CEU) for continuing education credit.



### Course Packages

**The Second Tier** are specialized packages of multiple courses suited to specific needs of the candidate, whether interested in addictions counselling, general addiction related information, or other particular field related to the addiction profession.



### Certifications

**The Third Tier** are the IC&RC Internationally recognized and accredited addiction certifications that most addiction professionals strive towards when specializing in the addiction field. ACCSA facilitates the application process with IC&RC Boards in the United States, and facilitates the online examinations as a registered provider for ISO Quality Testing USA.

### Who Do We Serve?

- People who want to work in the field of addiction
- People who already work as addictions professionals
- Addictions rehabilitation centres
- All other stakeholders including but not limited to government departments, businesses, public institutions, education institutions, professional boards, individuals and the general public

Our first task was to provide courses and certifications to addiction counsellors in South Africa. But ACCSA is evolving to provide education to a broader scope of students, now including other addiction related professions and the general public. Our course and certification structure will continue to grow and evolve every year, ensuring that we keep our standards at world class level.

### What Do We Offer?

#### 1. Education and Empowerment

Government departments, businesses, schools, businesses and institutions face the problem of addiction in various ways. We aim to offer high-quality information and education to all people affected by addiction who wish to respond to the problem in line with international best practise.

#### 2. Accreditation and Upskilling

People already working in the field of addiction, regardless of designation, can benefit from our internationally accredited course modules that offer both CPD and CEU points, improving both skill level and credibility in the industry.

Website [www.accsa.co.za](http://www.accsa.co.za)  
Mail: [info@accsa.co.za](mailto:info@accsa.co.za)  
WA Business: +27 (63) 687-8386

Contact us for more information or bookings!





[www.nacareherbals.org](http://www.nacareherbals.org)

[info@nacareherbals.org](mailto:info@nacareherbals.org)

079 865 7557

# NaCare Herbal Tinctures

NaCare Herbal Tinctures - Discover the power of nature's healing essence. Our meticulously crafted herbal tinctures harness the purity of natural ingredients to support your well-being and elevate your health. Embrace the beauty of holistic living with NaCare and experience the transformative magic of ancient herbal remedies. Elevate your journey to wellness with NaCare Herbal Tinctures today!

SHOP NOW



ADVERTISEMENT

A person wearing a blue suit is shown from the chest down. They are holding a bright yellow mug in their right hand and a large, solid red folder or tablet in their left hand. The background is a dark, solid blue.

# WANT TO ADVERTISE HERE

**TALK TO US**

012 111 9002

***ads@aschp.net***



# HOLISTIC HORIZONS

